

SYDNEY ACADEMY



TESTIMONIALS

“All presenters demonstrated a wealth of knowledge in the necessary areas and used great questioning and presentation skills to direct the students’ learning. We were really impressed with the sports science day at Narrabeen. The sessions were well organised and professionally run.”

Catherine Sorojevic, PDHPE Department
Monte Sant Angelo Mercy College

“The Sydney Academy of Sport and Recreation is one of the best sports training venues in Australia. As an athlete competing internationally, I need the most advanced sports science and facilities support which the academy provides.”

AJ Bear – Australian alpine skier

The venue and programs offered to the Manly Sea Eagles by the Sydney Academy of Sport and Recreation are what we consider to be the best training facilities in the NRL.

Alex Ross – Head Trainer

Donny Singe – Head Strength and Conditioning Coach

FACILITIES

- 400 metre Olympic standard athletics track
- 25 metre, six lane heated indoor pool
- Multi purpose indoor sports gymnasium – with markings for two netball courts and two basketball courts
- Five multi-purpose ovals (two with lighting) – suitable for rugby league, rugby union, soccer, hockey and AFL.
- Flexipave netball courts with lighting
- Cricket nets with synthetic pitches
- Weights room with a range of pin loaded, free and heavy lifting weights, and cardio equipment including steppers, treadmills, rowers and bikes
- Three ropes courses
- Six tennis courts (with lighting)
- Aquatic centre – for sailing, canoeing, kayaking and sail boarding
- Camping, bushwalking, fitness and jogging tracks.



SPORTS SCIENCE SERVICES

For elite and recreational athletes and groups

The Sydney Academy of Sport and Recreation is the most comprehensive, commercially available sports science service provider in NSW. It offers a range of sports testing and conditioning services for elite athletes and teams through to corporate, community and school groups.

For those who want to improve their sporting performance, the academy is a must and combines modern facilities and accommodation with the convenience of being close to the city.



CONTACT DETAILS

Sydney Academy of Sport and Recreation
Wakehurst Parkway
(PO Box 57) Narrabeen NSW 2101
Phone (02) 9454 0222
Fax (02) 9454 0133
Email narrabeen@dsr.nsw.gov.au

NSW Sport and Recreation has 10 other sport and recreation centres around NSW. Phone 13 13 02 for more information.



Sports science services

Whether you're an elite athlete or "weekend warrior", the academy's highly trained and experienced sports and exercise scientists are well placed to help you maximise your sporting performance. The Australian Winter Olympic Alpine Team, NSW Waratahs, Manly Warringah Sea Eagles, Northern Spirit, Manly United Football Club, the Wallabies and Sydney Swans have all benefited from our expertise.



SERVICES

- Field testing including speed, agility, flexibility, acceleration, explosive strength, aerobic power and abdominal strength
- Strength and conditioning programming for teams and individuals
- VO2 Max testing
- Lactate testing
- Anaerobic peak power (cycle ergometer)
- Cybex (isokinetic muscle testing)
- Video analysis
- Underwater analysis.

FOR SCHOOLS

The academy also provides field testing for school teams and sports science demonstrations designed to contribute to the Personal Development/Health/Physical Education (PD/H/PE) sports science syllabus.

The academy uses specialised equipment not available in most schools and allows students to explore concepts of exercise physiology and biomechanics.

Most sports science and PD/H/PE services can be delivered anywhere in NSW and are available on a fee-for-service basis (excludes VO2 Max and Cybex testing). For more information call 9454 0222 or email hplsports@dsr.nsw.gov.au. Bookings essential.

CORPORATE WELLBEING

Searching for that special element to help pump up your organisation's bottom line? Look no further than happy and healthy employees – a key ingredient for success.

The academy's one or two-day corporate wellness program is designed to promote employee health, wellbeing and improved lifestyle choices. Health and fitness screening, nutrition tips and sports conditioning are included.

The ideal program for improved productivity and developing your ability to become an "employer of choice".

TALENTED ATHLETE PROGRAMS

The academy runs a variety of programs for talented junior athletes, to enhance sporting performance with intensive training and first class coaching. Programs include:

- scientific fitness appraisal and physiological assessment
- nutrition advice
- sports psychology
- education
- time and stress management
- care and prevention of injuries
- strength training and speed/agility conditioning.

For more information, email tapsport@dsr.nsw.gov.au.

SPORT EDUCATION UNIT

The NSW Sport Education Unit works closely with the academy and runs accreditation and update programs for coaches, officials, associations and clubs. For information, email sported@dsr.nsw.gov.au.

ACCOMMODATION

The academy can cater for up to 350 guests in comfortable, air conditioned accommodation. Ideal for individual athletes or groups.